

Glutinous Rice Stuffed Fried Tofu Puffs Recipe

These Glutinous Rice Stuffed Fried Tofu Puffs are a delightful bite-sized snack featuring chewy black glutinous rice stir-fried with savoury vegetarian "ham" and a medley of peas, carrots, and corn. The flavourful filling is generously packed into crispy golden tofu puffs, then briefly steamed to perfection. This simple steaming process softens the tofu just enough to create a tender, satisfying texture while allowing all the savoury flavours to meld together beautifully. Perfect as an appetiser, a hearty snack, or a tasty addition to any meal, these little pockets are sure to be a crowd-pleaser.



Sample Recipe

	Recipe serves	Prepared for
	4	4

Ingredient	Amount	Scaled amount	
Black Glutinous Rice (cup)	2	----	2 ----
Water (cup)	4	----	4 ----
Fillings :			
Vegetarian Ham, diced	250	g	250 g
Frozen Mixed Vegetables (Peas, Carrots, Corn)	300	g	300 g
Salt	5	g	5 g
Pepper	5	g	5 g
Vegetarian Oyster Sauce (Tbsp)	2	----	2 ----
Soy Sauce (Tbsp)	2	----	2 ----
Mushroom Seasoning (tsp)	1/2	----	1/2 ----
Cooking Oil (Tbsp)	2	----	2 ----
Fried Tofu Puffs (pcs)	24	----	24 ----

Shopping List

Ingredients	Have it	Quantity
Black Glutinous Rice (cup)	<input type="checkbox"/>	
Water (cup)	<input type="checkbox"/>	
Fillings :	<input type="checkbox"/>	
Vegetarian Ham, diced	<input type="checkbox"/>	
Frozen Mixed Vegetables (Peas, Carrots, Corn)	<input type="checkbox"/>	
Salt	<input type="checkbox"/>	
Pepper	<input type="checkbox"/>	
Vegetarian Oyster Sauce (Tbsp)	<input type="checkbox"/>	
Soy Sauce (Tbsp)	<input type="checkbox"/>	
Mushroom Seasoning (tsp)	<input type="checkbox"/>	
Cooking Oil (Tbsp)	<input type="checkbox"/>	
Fried Tofu Puffs (pcs)	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	

Sample Instructions

Step 1: Cook the Rice (Day Before)

1. Rinse the black glutinous rice twice under cold water. Drain well.
2. Place the rinsed rice into the rice cooker pot and add 4 cups of water.
3. Cook according to your rice cooker's settings until done.
4. Once cooked, allow the rice to cool completely.
5. Transfer the cooled rice to a container and refrigerate overnight for best results.

Step 2: Prepare the Ingredients

1. Dice the vegetarian ham and set aside.
2. Measure out the frozen mixed vegetables and allow them to thaw slightly.
3. Measure all the sauces and spices (salt, pepper, oyster sauce, soy sauce, mushroom seasoning) so they are ready to use.

Step 3: Cook the Filling

1. Heat a large wok or frying pan over medium-high heat and add the 2 tablespoons of oil.
2. Once the oil is hot, add the diced vegetarian ham. Stir-fry until it turns golden brown.
3. Add the cold, cooked black glutinous rice to the pan. Turn the heat to high and stir-fry for 2 minutes, breaking up any clumps of rice.
4. Add the mixed vegetables and all the prepared seasonings into the pan.
5. Continue to stir-fry everything together for another 3 minutes until everything is well-combined and heated through.
6. Remove the pan from the heat and transfer the filling to a bowl. Set aside to cool slightly.

Step 4: Assemble the Tofu Puffs

1. Take a fried tofu puff. Using a pair of scissors or a small knife, cut off the top corner of the puff to create an opening.
2. Carefully use your finger or the handle of a small teaspoon to hollow out the inside of the puff, removing the soft white tofu. Be gentle to avoid tearing the skin. (You can save the removed tofu for another dish, like a soup or stir-fry).
3. Using a small teaspoon, scoop the prepared rice filling and gently pack it into the hollowed tofu puff. Repeat until all puffs are stuffed.

Step 5: Steam and Serve

1. Arrange the stuffed tofu puffs in a heatproof plate or steamer basket, leaving a little space between them so they don't stick together.
2. Prepare your steamer with water and bring it to a boil.
3. Once the water is boiling, place the plate of stuffed tofu puffs into the steamer.
4. Cover and steam for 10 minutes.
5. Carefully remove from the steamer. Serve hot and enjoy.